

The Framingham Board of Health presents

## **‘KEEP MOVING’**

(A Healthy Habits for Life Program)

**...a three month walking program, sponsored by  
the Framingham Board of Health.**

**Registration in the Health Office Room 221**

**will be the week of**

**June 5 – June 9**

**The Board of Health Nurses will be there to help you register; take  
your blood pressure, weight and health history, give you the program  
information and provide you with your own:**



**Pedometer, sunscreen and other goodies!**

*Participants: During the months of June, July and August you will  
be offered guidance in developing your own "Get Moving" plan. In  
September, the Public Health Nurses will meet with each  
participant again to evaluate how the Get Moving Program has  
improved your health!*

*Walk anywhere you like! Walk on your lunch break!*

*Take advantage of the beautiful parks and recreation areas in town!*

*If on vacation, seek out new walking trails. Walk with a friend, in groups of two or three.*

*You can continue to track your progress with your pedometer.*

**Registration will also be available in the Board of Health office during clinic  
hours Monday - Friday from 8:30 - 9:30 AM and 4:00 - 4:45 PM  
and Monday Evenings from 6:00 - 8:00**